LIFETIME SCRIBBLINGS

Notes, Impressions and Fragments

BINTA ELSA BIJU

Writer's Desk

Lifetime Scribblings is a curated collection of my random thoughts, perspectives and personal insights. It is a mosaic narrative with loose ends, leaving them for you to complete.
Feel free to resonate, contradict and even synthesize novel ideas from these fragmented scribblings.

Let's knit a whole new realm of meaning.
It will surely be a delightful read!

-BINTA ELSA BIJU

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Random Thought #1

At times, satisfying the little lad within you is the greatest mercy you can show yourself. You are a good soul who deserves a life of your own choosing. Sometimes, subtle emotions, raw people and a simple life can truly bring you the peace you aspire to. Prioritize inner peace and tranquillity, and move gently through the vicissitudes of life.

Even if your journey doesn't taste sweet overall, calmly savour every single sip from this complex cup of life. Trust me—maybe the very last sip will taste the sweetest of all. Patiently wait for that single moment, thing or person in this sojourn that will undoubtedly make you feel alive.

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Random Thought #2

Ignorance is, of course, bliss—as Gray observed. Yet it remains human nature to abandon or demean anything that lies beyond our cognitive level of perception.

Nowadays, many narrow-minded people crown themselves with dullness and stupidity. Lacking a receptive mind to understand things as a whole, rather than in isolated parts, worsens this tendency to jump to random, foolish conclusions about people and profound ideas. It is our responsibility to discern right from wrong and embrace the broad channels of wisdom unravelled by this journey called life.

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Random Thought #3

It is absolutely true that reading can alter our thoughts, temperament and actions.

I finally picked up the wonderful novel *Ram C/O Anandhi,* which I had put off reading for no particular reason. Now, I find myself emotionally dwelling in the world of Ram, Anandhi, Vetri, Reshma, Kolanjipaatti and the unforgettable Malli. Feeling surrounded by these characters and the vast, vibrant expanse of Chennai truly pacifies the emotional exhaustion that comes with accepting the reality that I am alone.

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Random Thought #4

Today marks the anniversary of the day I embarked on my teaching career in a real classroom setting as part of my B.Ed. internship. A whole year has flashed by without giving me enough time to fully savour the fond memories I made with my dear classmates. Now, destiny has placed me in a space to which I feel completely detached.

Life seems so smooth and generous for some, while the majority of us are simply existing. Why is that? Is it merely a matter of perspective? It is certainly something to ponder.

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Random Thought #5

Those whom I thought were merely coasting through college were the ones who actually experienced the true essence of those years—and quietly mapped out their futures. Meanwhile, I, who spent those years envisioning an ideal future, ended up squandering those precious moments, only to land in a present marked by instability and regret.

Reality hits hard. Still... everything will fall into place one day.

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Random Thought #6

The only thing I want to say to all those "pure souls" who constantly undermine my self-confidence and self-esteem is this: please stay away from my life!
I don't need anyone to sympathize with my struggles merely for their own mental satisfaction. Offer help or advice only if I ask you to do so. Otherwise, please respect my space!
The bitter reality is that these people are not at all ready to extend a helping hand in moments of our dire need.

I still wonder why they cannot realize that I am far more concerned about my own life and career than they are.
So, don't meddle in other people's lives.

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Random Thought #7

Some days are so vague and meaningless, passing in the usual way... But today feels truly productive after watching the beautiful chit-chat between Dhyan Sreenivasan and Pearle Maaney.

His convictions about life and humanity transcend a layman's perspective. So touching, genuine, and raw... Absolutely an ideal human being, pregnant with insightful thoughts and selfless concern towards others!

The lessons he imbibed after having a great duel with life are so valuable and profound; they essentially shaped the man we see today. A true humanitarian, rendering great service in making modern society laugh!

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Random Thought #8

There is nothing humiliating in washing dishes or neatly organizing clothes in a wardrobe. All these tasks may seem so trivial through the lens of a patriarchal mindset. Yet, if they are considered such menial work, why can't these self-proclaimed "authority figures" do them on their own?

They still demand the assistance of a woman—labour they are never ready to acknowledge or appreciate. Certain everyday rituals that we are expected to follow as part of these "norms" are deeply frustrating to adhere to.
It is a grim treatment of women: reducing them to powerless subordinates, upon whom patriarchy asserts its authority.

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Random Thought #9

The number of years doesn't define the success of a marriage. If one is sacrificing everything for the sake of keeping the relationship together, then it is not at all an ideal thing to be promoted. Toxic relationships should not be romanticized and celebrated in the name of "true love."

Mutual respect, companionship, and a space for the other to be himself or herself are what determine the happiness and serenity of a healthy relationship. No slave has ever loved his master, so cease the unhealthy practice of a master-slave relationship in the sanctified concept of marriage. Demeaning the other just for the pleasure of asserting yourself is not what matches the genuine essence of a sincere relationship.

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Random Thought #10

My mind is constantly on the verge of seeking an emotional outlet—a space where I can share all the fruitful and heartfelt reflections and experiences from my B.Ed. community living camp days.

Flowing along like a river was true bliss, where everyone vibed and felt valued and encouraged in the presence of others...
So many obligations, duties, visits and productive sessions all made it my first experience of being a part of a group of enthusiastic mates. The cozy mornings, exercises, the tea times we shared, and the cherished late-night jokes—all made my seven days! Still lingering on those good times, which are now in the grasp of the past, turning into supercalifragilistic memories!

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Random Thought #11

Life is a roller- coaster ride...
Brace yourself and enjoy!
Unscripted moments are truly delightful in this labyrinth of life.

#CreativeOverwhelm

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Random Thought #12

Whenever people say I have changed a lot, the sincere reply that resounds in my mind to all those kind souls lies in the reciprocity of the statement they have made...

'A lot has changed me'.

Hope it makes sense!

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Random Thought #13

Today, I happened to watch a feel-good movie, and now I am contemplating how to word my emotions after immersing myself fully in its visual representations and storyline... Such a pure piece of art, which presents an entirely new kind of relationship- one that is totally free from the ironclad grip of societal norms, expectations, and the interference of lust.

The beauty of having a mentor, a listener and a companion without expecting anything in return is pure bliss. It cannot be equated with mere romantic relationships or friendship; rather, it is something that is still waiting to be titled because it is so pure, raw, and soothing. In a world full of fake representations, seeking and finding something real is the greatest achievement one can have.

#8AMMetro

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Random Thought #14

Until I decide to yield to the plans of Fate, I am not at all ready to be a traveller guided by those who know only the trodden paths. Even if I fail in this journey, I don't care because I can pacify myself with the sublime thought that at least I made an attempt to step onto the less-travelled paths.

As long as I keep striving hard to accomplish my aspirations, I will be the omnipotent one in my own life and decisions. Sometimes, my ego overpowers me because I am a poor human who is fed up with mere boasters and people who intentionally deject others to overvalue themselves.

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Random Thought #15

Don't let others disrupt your peace of mind. If you're enjoying tranquillity at this moment, it is the outcome of forgetting and letting go of several things that once prevented you from enjoying life. So, don't give up your happiness just for the sake of others' pleasure.

Life is transient, so immerse yourself in its mesmerizing beauty!

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Random Thought #16

When life becomes increasingly chaotic, the only thing we can do is guide and channel our minds to embrace healthy changes as they come. It is far better to uphold our unique identity than to be subservient and blindly emulate the people and things around us.

If our thoughts and words stand out in a crowd, cherish that moment—for we have succeeded in one way or another.

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Random Thought #17

All festive seasons are essentially a remembrance of the ebullient times we shared with our loved ones, who are no longer with us today. The enthusiasm and vigor they brought to brighten the hues of our lives are beyond measure. A walk down memory lane truly refreshes and revitalizes our minds. Serendipity is not in our hands, yet the mind eagerly longs for it. A nostalgic person like me feels almost mad at times, wishing for a time machine to travel back...

Missing the good old days and loving those splendid moments- to the moon and back.

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Random Thought #18

I acknowledge the Almighty's great boon of granting me one more year in this unpredictable voyage, even as I remain deeply reflective on the intricate dynamics of human relationships. I extend my heartfelt thanks to all the kind souls who spared a moment to share their tokens of love through warm wishes and prayers on this special day... I embrace each birthday as an occasion to be mindful of those who stand by me through thick and thin.

In the indelible lines of Frost,

"I have promises to keep,
And miles to go before I sleep."

So, let me move on toward that ultimate shore of boundless happiness and tranquillity!

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Random Thought #19

Even though there are 26 letters and infinite emojis to express what we mean to convey, it is the backspace key alone that has witnessed the most insightful ideas and true passions of the human psyche. A reticent person can absolutely relate to this. I define myself as a silent victim of the absurdities life offers, still yielding to its erratic ebbs and flows.

Reality is so diabolical at times that it persuades me to fly on the wings of imagination to a far-off land where serenity rules and fortune blooms. Escapism is sheer bliss! Don't you feel the same?

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Random Thought #20

Hardy's perception of happiness as "nothing but an occasional episode in the general drama of pain" has lost none of its significance or gravity in this modern world, where life remains an undefined blend of diverse experiences and revelations. Finding it difficult to discern those occasional episodes seems to be the greatest hardship we encounter.

Seeking solace in the lines of Gray, "The paths of glory lead but to the grave"... Life is certainly no cakewalk. It continuously subverts our line of thought.

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Random Thought #21

Emerging from the cinders plays a seminal role in discerning right from wrong and discovering the path less travelled. It equips us to comprehend binary oppositions in their true sense. Pausing for a while is not defeat; rather, it is a genuine rejuvenation that nourishes our soul—just as a receptacle must be periodically emptied to function smoothly.

At times, I seem caught in a "gyre," as Yeats once penned. Yet, even the most hapless circumstances can flip in a single second.

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Random Thought #22

Getting lost in a world that continuously renews you is a boon that creative minds possess. Finding an ideal place to share your perceptions is a distant reality for the majority because people almost always judge before taking the time to think.

Thinking always requires time, whereas judging is effortless—and that is why most people rely on it. Don't you think so?

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Random Thought #23

I am still perplexed by how it satisfies the cravings of a nasty mind to demean others through contemptible words and deeds.

Karma is a boomerang. Hold your breath and start the countdown! It feels right to forewarn you with the timeless quote from *Julius Caesar*: "Beware the Ides of March!"

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Random Thought #24

Our priorities in life may change in the long run, but it is of the utmost importance to remain mindful of those who prioritize us throughout their lives.

Karma is a boomerang. So, always try to reciprocate the love, care, and compassion that our dear ones constantly shower upon us, rather than burdening them with our own responsibilities. Let's kick-start a change!

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Random Thought #25

Anxieties are creeping in... Really struggling to see the silver lining in challenging circumstances. Reality is tiresome. I eagerly wish to take a sojourn on the wings of imagination to Disneyland! Even my perceptions are being manipulated by the so-called "facts" upheld by the world around me.

Drifting through life without any motive is the “most unkindest cut of all" that Fate can inflict on a human being. Battling with Destiny each and every day just to cherish a moment of peace.

My 'Self' will surely feel pacified if it simply permits me to pour out my feelings—wrapped in words that remain eternal.

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Random Thought #26

Embracing numbness and insensitivity is the mind's novel way of escaping the harsh realities of present moment. Suffocating under the grip of indifference to everyone and everything... So perplexed by illogical yet irreplaceable worries relentlessly mounting up in every realm of this so-called 'pilgrimage'.

#A splash of optimism is essential on my canvas of life.
#Admitting the folly.

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Random Thought #27

Some partings are so painful that the sweet memories of such a place or person will surely haunt us throughout our lives. Yet, finding the utmost happiness in holding those heartfelt moments of the past close is the greatest bliss of the present.

Nothing remains permanent. Everything perishes and bids farewell in the long run... Pondering over nostalgic experiences is one of the best ways to overcome the agony inflicted by current life situations.
In this dynamic world, be an adaptable person. Let your thoughts be strong enough to withstand the mounting worries of life.

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Random Thought #28

It is always necessary to have someone on the other end for a meaningful conversation whenever we truly wish to pour our emotions out. Therein lies the seminal role of our loved ones—those who may not be with us physically, but who always stood by us and cared for us throughout their lives.

Life itself often feels meaningless and absurd, and we obviously need succor to enrich ourselves with the enthusiasm and vibrance to walk both familiar and unfamiliar paths. Yet, emotions can overpower us, and those yielding to them are wasting time and energy...

Adore yourself for who you are.
No one else is going to do it for you in this world—a world that is inexplicably harsh!

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Random Thought 29

Words have the power to construct and destroy a person. So, they must be used wisely and only when needed... If your words are not intended to bear fruit, it is better to keep quiet. Don't beat around the bush.

Everyone has diverse paths to travel, and your map may not work for another... Let them find their own way and offer succour only when asked. In this post-humanistic world, an individual is far more capable of ruining their own mind with unwanted thoughts than others ever could... So, buckle up!

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Random Thought #30

A seamless flow of ideas justifies the fact that meanings are still in the making. The juxtaposition of innumerable shattered thoughts is what brings sublime meaning to this trivial life.

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Random Thought #31

The most agonizing thing is nothing short of coming to a realization that we haven't taken a single step forward, even after treading numerous paths for years. Maybe it is a mere fantasy of a totally fragile mind—hoping to be on the right track soon. I can't seem to find anyone or anything blooming with happiness and satisfaction... including myself. Have I, too, become a proponent of the so-called "herd mentality"?

I feel as though some evil spirit has cast a spell upon me. I am struggling to jot down even a few lines, feeling strangled in the grip of writer's block. Don't you think so?

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Random Thought #32

Sometimes, life makes you feel so monotonous and exhausted that you develop a pessimistic attitude toward everything that awaits you. The harsh realities inflicted by life's circumstances are often inexplicable—like being strangled by the giant hands of Fate.
I seem to be in the midst of a vicious circle of people who attribute no value to simple, yet pure, acts of love and kindness.

Yet, I am not at all ready to be a mere pawn in the hands of Destiny. I am moving forward, following the inner call to "Move Ahead."

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Random Thought #33

The exhortation to emancipate women is frequently heard in society, yet it is deeply unfortunate that no real attempts are made within the family to help women construct an identity of their own. Suffocating under the stinking, outdated notions and norms of patriarchy...

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Random Thought #34

Who could portray the moment of Jesus' first miracle so exquisitely as "The water met its Master, and blushed"? This single line speaks volumes, and its mesmerizing beauty is something my heart cherishes deeply this morning.

I was truly awed by the hands behind these words—long attributed to the great revolutionary poet Lord Byron, though it was originally penned by the 17th-century poet Richard Crashaw. It leaves me dumbstruck to see how a writer can praise the Creator so touchingly and wholeheartedly.

I remain indebted to the movie *Poomaram* for introducing me to this beautiful, thought-provoking line.

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Random Thought #35

Life offers innumerable opportunities to make us bold and courageous enough to face the odds. The daring ones, who are ready to step out of their comfort zones, will rewrite their pasts and knit vibrant futures. Yet some people who were once enthusiastic seem to become fragile over time, with many battling depression or other emotional struggles.

It is truly sad to encounter so many individuals who, despite being blessed with a colorful past, are now struggling to build a bright future.

Boldness is what is needed in life—to live it to the fullest and to fulfill the duties the Almighty has entrusted to us.

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Random Thought #36

People often rely on comforting quotes to lift their spirits when heavily struck by the painful realities of life. The agony offered by life can, at times, make us feel insane enough to become excessively angry with others around us, and even with the Almighty.

The funniest thing in most cases is the attitude of others toward us—they treat us like a blasphemer, an eccentric, or worse. Yet, I truly believe that it is better to remain our true selves rather than be cared for as someone who we are not.

People often lack the ability to accept the situations that drive people out of control.

#Fragmented Thoughts from a Serene Mind.

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Random Thought #37

Silence is the best revenge against those who intentionally try to make us feel insignificant and dejected. But I truly want my silence to be noticed, as it is meant for all those who proclaim themselves to be our dear, loving ones.

It is truly heartbreaking to be part of a world where even familial relations are based on money, power and social status.

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Random Thought #38

It is money, power and social status that determine one's value in this materialistic world. At times, people fail to reciprocate love, care and respect to those who deserve it the most. It is deeply ironic that, in most cases, it is our dearest ones whom we relegate to the lowest rungs of our minds.

I am truly sorry to be part of such a grotesque world—where human consciousness is shaped by a society built on power and monetary gain.

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Random Thought #39

Believe that you are worthy and that your ideas are worthy enough to be brought before others. Even when others don't realize your worth or offer support in your unrelenting attempts to pursue your dreams, follow your heart...

Your aspirations may be a mere joke to many people, even to your dearest loved ones. Everyone is preoccupied with the smooth running of their own lives. So, do some good to be a cherished memory for a few after death. But do not demean yourself—focus on your life first, because no one else waits or cares for you.

Let yourself be your first priority.

Truth tastes bitter in certain instances, but it is all that wins in the long run.

So, do not die with unrealized dreams just for the sake of others.

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Random Thought #40

Life is all about one thing—survival. As the adage says, life is not at all a bed of roses. Whenever you fall on the thorns of life, be prepared to get up and move on. When the future seems vague and dark, remind yourself that you have encountered both light and darkness several times to reach your current state.

Whenever life showers a thousand negative questions, just face them with a smile and move on... because every end is the starting point of a new beginning.

Trust thyself... Better things are on the way.

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Random Thought #41

Belittling myself and my potential is the harshest blow I deal to my own self-respect.

In a world defined by superficial show-offs and the supersizing of trivial things, why shouldn't I assert, celebrate and romanticize my own passions and victories?

Nothing disrupts the stability of a tranquil mind quite like a philosophical thought.

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Random Thought #42

I really don't know how to define the unique tapestry of Karnataka! A blessed land with a rich amalgamation of people from all walks of life, yet steadfast in upholding its traditions and values. Even though it was merely a glimpse, it was truly a *vistara* of finely tailored beauty and richness. I was deeply moved to see how the state still commemorates the one and only Puneeth Rajkumar—the man who first sparked my desire to visit this land.

Extending my heartfelt gratitude to the Supreme Power for granting me this quality time with myself... traversing an unusual blend of serene landscapes and vibrant city life.

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Random Thought #43

Some lives leave an indelible mark in moulding our so-called “ideal” perceptions as we move along the unfamiliar tracks of life...

People who challenge destiny are true sources of inspiration, and I am deeply grateful to the Almighty for allowing me to encounter so many individuals and situations that stretch far beyond my current level of knowledge, perception and experience.

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Thank You

Grateful hearts, eternal memories.

Thank you for being a part of my loose narrative.

'The Best is Yet to Be.'

— BINTA ELSA BIJU

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